

CLASS SCHEDULE



MONDAY

8:25-9:00 am
Body Pump
Instructor: Ashadee
- Aerobics Room

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- Aerobics Room

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- Pool

9:50-10:15 am
Toning
Instructor: Tanya
- Aerobics Room

10:15-11:15 am
Tai Chi
Instructor: Susie
- Cycling Room

5:30-6:00 pm
Killer Abs
Instructor: Scarlet
- Aerobics Room

5:30-6:30 pm
Beginning Step Aerobics
Instructor: Lori
- Cycling Room

6:00-6:30 pm
Sculpting
Instructor: Scarlet
- Aerobics Room

6:30-7:30 pm
Plyomania
Instructor: Maria
- Aerobics Room

TUESDAY

1:00-2:00 pm
Aqua Aerobics
Instructor: Rose
- Pool

5:30-6:30 pm
Aqua Aerobics
Instructor: Scarlet
- Pool

6:00-6:40 pm
Body Pump
Instructor: Ashadee
- Aerobics Room



WEDNESDAY

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- Aerobics Room

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- Pool

9:50-10:15 am
Toning
Instructor: Tanya
- Aerobics Room

5:30-6:00 pm
Killer Abs
Instructor: Scarlet
- Aerobics Room

6:00-6:30 pm
Sculpting
Instructor: Scarlet
- Aerobics Room

THURSDAY

9:00-9:45 am
Dance Fit
Instructor: Toni
- Aerobics Room

1:00-2:00 pm
Aqua Aerobics
Instructor: Rose
- Pool

5:00-5:45 pm
Athletic Strength Training
Instructor: Jeff
- Aerobics Room

SATURDAY

8:00-8:45 am
Step Aerobics -POP! Cardio
Instructor: Jill
- Aerobics Room

FRIDAY

8:25-9:00 am
Body Pump
Instructor: Ashadee
- Aerobics Room

9:05-9:50 am
Step Aerobics
Instructor: Tanya
- Aerobics Room

9:00-10:00 am
Aqua Aerobics
Instructor: Rose
- Pool

9:50-10:15 am
Toning
Instructor: Tanya
- Aerobics Room

2:30-3:15 pm
Athletic Strength Training
Instructor: Jeff
- Aerobics Room

Personal Training Sessions are Available by Appointment

11/19/19